



## Healthy chicken & Beet Cobb salad



**Makes :** serves 4

### **INGREDIENTS:**

- 5 cups chopped romaine lettuce
- 1 cup of beets
- 1/3 cup shredded chicken
- 1/3 cup grated carrots
- 1 avocado, halved, seeded, peeled and diced
- 2 hard-boiled eggs, diced
- 1/4 cup sliced spring onions
- 1/4 cup (or half a can) of sweet corn
- For the avocado dressing:
  - 1/2 cup diced peeled avocado
  - 2 tablespoons extra virgin olive oil
  - 1 tablespoon fresh lemon juice
  - 1/4 teaspoon salt
  - 1/4 teaspoon pepper
  - 1 garlic clove, chopped
- 3 tablespoons water + more as needed for desired consistency

### **For the avocado dressing:**

- 1/2 cup diced peeled avocado
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

1 garlic clove, chopped  
3 tablespoons water + more as needed for desired consistency